

## Briefs . . .

### Army Emergency Relief Fund Campaign

The 2006 Army Emergency Relief Fund Campaign will begin with a meeting for project officers and key workers Tuesday at 10:30 a.m. at the Roadrunner Community Center, Building 2797, Stanley Road. For more information, call 221-1612.

### Installation Status Report

The Installation Status Report Part 1 - Infrastructure Training will be held Tuesday from 8 a.m. to 12 p.m. in Building 4196, Room 22 (Scheduling Room). This will be the last training scheduled for the year. Training is mandatory. For more information, call Barta at 295-4922 or e-mail Judy.Barta@samhouston.army.mil.

### Interpersonal communication workshop

A free interpersonal communication workshop will be held Wednesday from 8 a.m. to 12 p.m. at the Sam Houston Club's Alamo Ballroom. The workshop will be interactive and cover basics such as verbal, non-verbal and symbolic communication; assessing communication style; and handling conflict. The instructor will be Margaret Leeds, a volunteer for the Bexar County Dispute Resolution Center in San Antonio. Seating for this workshop is limited and registration is required by Friday. For more information, call Glennis Ribblett at 221-9401.

### Sergeant Audie Murphy Club induction

A Sergeant Audie Murphy Club induction ceremony will be held March 24 at 3 p.m. in Blesse Auditorium. For more information, call Master Sgt. Dwight Wafford at 221-9314 or Sgt. 1st Class Diana Istre at 221-9925.

### Uniform policy reminder

Members of the command are prohibited from wearing the BDU or ACU uniform inside shopping malls, department stores or entertainment facilities off post. Also, wear of the BDU and ACU is prohibited in establishments that primarily sell alcohol. For more information, reference Headquarters Army Medical Department Center and School and Fort Sam Houston Pamphlet 600-1, Military Standards, dated Sept. 15, 2003.

### AECP ceremony

The Army Medical Department Enlisted Commissioning Program will commission new second lieutenants into the U.S. Army March 24 at 9 a.m. at 32nd Medical Brigade Headquarters, Building 902. The AECP provides eligible active duty Soldiers the opportunity to complete a bachelor's degree in nursing, become a registered nurse and be commissioned in the Army Nurse Corps. For more information, call Capt. Carolyn Carden, commander of the AMEDD Student Detachment, at 221-3201 or Anna Prescott at 221-5582.

See **BRIEFS** on Page 3



Photo by Olivia Mendoza

## Soaked

Three victims (from left) Sgts. 1st Class Timothy Webster and Joey Wrinkle and Staff Sgt. James Billings walk through a spray of water from a fire truck for decontamination before entering an area for medical treatment during the post's annual mass casualty exercise March 8. See related story and photos on Pages 16 and 17.

# Pharmacy renovation nets big improvements for patients

By **Nelia Schrum**  
Brooke Army Medical Center Public Affairs

Beneficiaries can now find significant customer service enhancements and improved parking availability at the Fort Sam Houston Community Pharmacy.

The pharmacy resumed its full range of services Wednesday after the completion of an extensive \$750,000 renovation project.

"The completion of this project honors our commitment and promise to our valued patients with a focus on patient safety and improved customer service," said Lt. Col. Emery Spaar, chief of the Department of Pharmacy at Brooke Army Medical Center.

Spaar said that prior to renovation and expansion, beneficiaries were dissatisfied with the pharmacy. Patients often waited their turn outside in the heat because the building could only accommodate a maximum of 35 people. Inside the facility, staff worked in cramped work space with relatively low-level technology.

To expand and renovate the building, hospital officials had to limit the services offered at the FSH Community Pharmacy to prescription refills only.

During the 22-month construction process, patients with handwritten new prescriptions from civilian health care providers had three choices: BAMC, the TRICARE Retail Pharmacy Program or the TRICARE Mail Order Pharmacy.

Patients had a climate-controlled environment to wait in at BAMC, but had to compete for one of the hospital's limited parking spaces. With the addition of 350 new patients daily displaced from the FSH Community Pharmacy, wait times at the BAMC Main Ambulatory Pharmacy were often lengthy. The BAMC pharmacy's daily capacity is 622 patients. During the transition period, BAMC routinely served more than 1,000 patients a day.

See **PHARMACY** on Page 4

## AFAP issues brought forth at conference

By **Elaine Wilson**  
Fort Sam Houston Public Information Office

Community representatives discussed and prioritized a wide range of issues, from child care to post security, during the Fort Sam Houston Army Family Action Plan Conference March 7 and 8 at the Sam Houston Club.

Forty-two delegates representing all facets of the community — active duty, reservists, retirees, Department of Defense civilians and family members — gathered for the two-day conference with one goal in mind — quality of life improvements.

"The delegates reviewed about 50 issues," said Suella York, post AFAP program manager. "They actively participated in discussion and did a great job identifying issues."

A portion of the issues were submitted by community members in the months prior to the conference; the rest were brainstormed by delegates at the conference. It was the delegates' job to sift through the community's concerns and pick out the ones that were AFAP applicable.

"An AFAP issue is one that affects more than just one or two people," York

said. "The broader the impact, the better the chance the issue is considered viable."

Issues submitted prior to the conference were sent to installation agencies for review and background information papers.

During the conference, the delegates used these information papers, along with input from 13 subject matter experts, to decide whether or not issues should be pursued.

"Working with subject matter experts,

See **FAMILY ACTION PLAN** on Page 4

### Inside . . .

From the Top . . . . .	2
Health . . . . .	9 and 10
Sports . . . . .	11
School . . . . .	14
Religion . . . . .	15
MWR . . . . .	20
Child and Youth Services . .	20
Community . . . . .	21
Fort Freebies . . . . .	22

# Army, DoD leadership committed to ‘Resetting the Force’

By **Jerry Harben**  
U.S. Army Medical Command

The Army is committed to ensuring that all Soldiers returning from deployment receive the behavioral health care they need.

“We are seeing increased rates of post-traumatic stress disorder, anxiety and depression, which doesn’t surprise us as we now have been at war essentially since 9/11/2001,” said Col. Elspeth C. Ritchie, psychiatry consultant to the Army Surgeon General. “Leadership cares a lot about this. There has been a great deal of education for noncommissioned officers and leaders, and more is being fielded.”

An extensive array of mental health services is available.

In Southwest Asia, more than 200 behavioral health providers are deployed. Division staffs and combat support hospitals have mental health specialists. Combat Stress Control Companies take mental health sup-

port to the units, including critical event debriefings when a unit suffers a casualty. In garrison, psychiatrists and psychologists are available at hospitals and clinics, and through the TRICARE program.

Other behavioral health programs, such as the chaplains’ “Strong and Ready Families,” suicide prevention programs, substance abuse prevention programs and family support groups, also make valuable contributions to the overall mental health of the Army.

“Leadership, community prevention programs, and dedicated helping professionals in garrison and in operational theaters form the core of mental health support for our service members and their families,” Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, told the House Armed Services Committee’s subcommittee on military personnel last summer. “This mental health support is a continuum from com-

munity-based services, including buddy care, non-medical support resources and chaplains; to command-level involvement, monitoring morale, improving living conditions and supporting quality of life initiatives; to the full spectrum of clinical care and patient movement of the Military Health System for those with a need for more intensive support.”

The Army Surgeon General promotes a “Resetting the Force” concept built in three phases: Decompression, Reintegration and Readiness Reset.

“Resetting the Force comes from a realization that everybody needs a chance to retool and reconfigure after deployment. Programs are in place to help,” Ritchie said.

As part of the reintegration process, redeploying Soldiers are briefed on what stressors to expect on homecoming, the common symptoms of post-deployment hyper-arousal and friction, ways to ameliorate these symptoms, how to recognize

when further professional help is needed and how to access treatment services.

Soldiers returning home complete the Post Deployment Health Assessment, which screens for PTSD and other deployment-related stresses, concerns about family issues and concerns about drug and alcohol abuse. A primary care provider then may refer Soldiers to on site counselors or mental health departments of military treatment facilities if needed. Soldiers now complete a Post Deployment Health Reassessment between three and six months after redeployment, to detect conditions that are not immediately apparent.

Military OneSource provides convenient assistance, available 24 hours a day, seven days a week, by telephone (800) 464-8107, Internet (www.militaryonesource.com) or e-mail. It offers information and education services, referrals and confidential face-to-face counseling.

## Fort Sam Houston News Leader

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# Briefs cont. . . .

## Change of responsibility

First Sgt. Jessie J. Hall will relinquish responsibility of D Company, 187th Medical Battalion, to 1st Sgt. David J. Roberts during a change of responsibility ceremony March 31 at 7:30 a.m. at Building 1002, D Company.

## Upcoming housing events

Fort Sam Houston family housing residents will be receiving a “Headquarters, Department of Army Resident Assessment” survey. Survey input will be used to help make better decisions on how housing dollars are spent. Answers are strictly confidential. For more information, call Clara Greenway at 221-0881 or Patricia Baker at 221-0891.

The Lincoln Military Housing will be closed March 31 for its annual awards banquet. LMH will respond to all emergency maintenance requests. For more information, call 270-7638.

Lincoln Military Housing will sponsor “Little Leprechauns on the Loose” photo contest for children in March. LMH representatives will take pictures Friday from 8 a.m. to 4 p.m. in the front office. The winner will receive a \$25 gift certificate to Toys “R” Us.

## Fill up faster at Car Care Center

The Army and Air Force Exchange Service Car Care Center, Building 2610 on Schofield Road, now offers two-way traffic at the gas pumps. Since the large majority of cars have their gas tanks located on the driver’s side, the previous restriction to one-way traffic resulted in long lines on one side of the pumps, while the other side remained mostly unused.

## Officer and Civilian Spouses’ Club Annual Tour of Homes

Visit selected homes on Fort Sam Houston during the Officer and Civilian Spouses’ Club’s Annual Tour of Homes April 1 from 10 a.m. to 3 p.m. Tickets are \$10 prepaid and \$15 on the day of the tour. Tickets will be sold March 25 from 10 a.m. to 2 p.m. at the Post Exchange, commissary and Golf Club. Proceeds from the tour go to the welfare and scholarship funds. For more information, call Liz Schreckhise at 270-2114 or Licia Rothfuss at 222-9464.

## Board members needed

The Officer and Civilian Spouses’ Club seeks active members to fill board positions for the coming year. For more information, call Kandice Collins at 222-9043.

## Welfare distribution

The Officer and Civilian Spouses’ Club makes welfare contributions on an annual basis every May. Applications for welfare funds are available at the information desk of the Roadrunner Community Center on Stanley Road. Any non-profit organization located on Fort Sam Houston and Camp Bullis supporting the welfare of the armed forces and their families may apply. Applications must be postmarked by April 1.

## Scholarship applications available

The Officer and Civilian Spouses’ Club provides scholarships to high school seniors and college students continuing their education, as well as a scholarship for a military spouse. Applications must be postmarked by April 1. For more information, call Judith Markelz at 410-0958.

## Tax center open for business

The Tax Assistance Center is open Mondays, Wednesdays and Fridays from 9 a.m. to 5 p.m.; Tuesdays and Thursdays from 9 a.m. to 9 p.m.; and Saturdays from 9 a.m. to 1 p.m. at the 1st Legal Support Organization, Building 133A, 2420 Liscum Road, behind the Garrison Staff Judge Advocate Office. For more information, call 295-1040 or 295-0061 or visit <http://www.samhouston.army.mil/tax/index.html>.

## Ammunition supply closures

The Fort Sam Houston Ammunition Supply Point will be closed on the following dates for inventory in 2006: March 27 to 31, June 26 to 30 and Sept. 11 to 15. For emergency requests, call 221-1065 or 669-5173.

# Early mental health care prevents serious conditions for returning troops

By **Jerry Harben**  
U.S. Army Medical Command

Soldiers and Marines who are disturbed by the stress of the war in Iraq are receiving mental health services early after their return, helping prevent development of serious conditions, according to a just-released study.

“A high percentage are using mental health services. A portion of these people receive diagnosis of mental health

problems, but the majority do not. We think a lot of care is related to screening, prevention and milder conditions that may not require lengthy treatment,” said Col. Charles W. Hoge, director of the department of psychiatry and neuroscience at Walter Reed Army Institute of Research.

“A majority of these Soldiers receive their mental health care early after returning, which is what we encourage them to do,” he added.

Hoge was lead author on the study, collaborating with Col. Charles S. Milliken, also of WRAIR, and Jennifer L. Auchterlonie, from the Army Medical Surveillance Activity of the Army Center for Health Promotion and Preventive Medicine. Their report is published in the March 1 issue of the “Journal of the American Medical Association.”

A screening process for Soldiers returning from deployment is intended to detect physical or mental problems that need correction. Soldiers undergo this Post-Deployment Health Assessment when they return. They answer written questions and confer with a physician, physician assistant or nurse practitioner. They now have a reassessment three to six months later to detect issues that are not immediately apparent, although the records used for this study were compiled before the reassessments began.

The study looked at records of 303,905 Soldiers and Marines who completed the PDHA between May 1, 2003, and April 30, 2004. This included 222,620 who had deployed to Iraq, as well as others who deployed to Afghanistan or other locations. The study used records maintained in the Defense Medical Surveillance System database.

Overall, 19 percent of Soldiers and Marines returning from the first deployment of Operation Iraqi Freedom reported a mental health concern on the PDHA (a higher

“Almost everyone who deploys to a war zone is affected in some way . . . These often are normal reactions that will improve over time.”

Col. Charles W. Hoge  
*director of the department of psychiatry and neuroscience at Walter Reed Army Institute of Research*

percentage than those who deployed to Afghanistan or other areas). Concerns include symptoms of post-traumatic stress disorder, depression symptoms or concerns about interpersonal conflicts, aggression or thoughts of suicide. About 4 percent were referred for mental health services.

“A referral does not mean that person has a serious mental health condition,” Hoge said. “Because of answers on the screening form, a primary care professional thinks it would be good for this person to see a mental health professional,” is how he described a referral.

“A lot of people documented as using mental health services don’t have serious conditions,” he added. “I think a large portion of this falls in the category of prevention. We’re trying to get help to people early so long-term conditions do not develop.”

Records show about 54 percent of those referred for mental health services were documented receiving follow-up care, which Hoge said is a high figure and probably understates the amount of care actually received.

“In any primary care practice, many people referred don’t come in to see mental health,” he said. “Referral in the military system could include seeing a chaplain, family support services or using the Military OneSource service (a toll-free phone number, (800) 342-9647, Soldiers can call for assistance), which would not be counted in the medical system. We think the figure of documented care is quite high.”

About 35 percent of Soldiers and Marines returning from Iraq used mental health services within a year after their return. These services include evaluations and preventive services. About 12 percent were diagnosed with mental-health problems.

“Almost everyone who deploys to a war zone is affected in some way. We know from several studies that 20 to 30 percent of Soldiers who have experienced combat will report symptoms such as sleep disturbance, anxiety, irritability or increased alcohol use. These often are normal reactions that will improve over time. However, Soldiers may need help if symptoms persist or interfere with their work or occupational functioning,” Hoge stated.

# Army must change to remain relevant

By **Sgt. Sara Wood**  
American Forces Press Service

**TACOMA, Wash.** — The U.S. Army is the greatest it’s ever been, but to remain effective for the future, it must make changes, a top Army commander said here Sunday.

“As good as the Army is today, we will need a better one tomorrow,” said Gen. Dan K. McNeill, commander of U.S. Army Forces Command, at the Pacific Northwest National Security Forum. “We will need it because the strategic landscape in which we operate is changing; it is becoming considerably more complex.”

The United States no longer faces enemies with traditional armies as it did in the Cold War, but a network of insurgents who employ irregular tactics and have no regard for human dignity, McNeill said. The Army, along with the other services, is changing to more effectively fight these enemies and to be prepared for unforeseeable future threats, he said.

As the Army undergoes transformation, leaders keep in mind four key ideas that bring the force together, McNeill said.

First, Army leadership remains committed to producing units that are trained and ready for the chal-

lenges they will face, he said. To do this, the Army has overcome years of under-funding and has changed the way it does business to ensure resources will always be available, he said.

Second, the Army recognizes that intellectual change precedes physical change, so the Army is changing the way it trains leaders to make them more versatile, McNeill said. The Army needs versatile, adaptive leaders that are able to operate in changing environments and make tough decisions, he said. To that end, the Army is undertaking a major review of how it trains, educates and assigns leaders, he said.

The third idea is that Soldiers’ effectiveness depends on a national commitment to recruit, train and support them properly, McNeill said. This commitment must be underwritten by consistent investment in Army equipment and programs, he said.

Lastly, as the Army transforms, leaders must remember where they started, McNeill said. At the beginning of the war in Iraq, many units were under-equipped or ill-prepared for deployments, especially Reserve and National Guard units, he said. To fill these slots, the Army pulled people from other units, which created a domi-

“As good as the Army is today, we will need a better one tomorrow.”

Gen. Dan K. McNeill  
*commander of U.S. Army Forces Command*

no effect in readiness, he said. Army leaders learned from these mistakes and have changed the way they do business so that will not happen again, he said.

The Army is on the right road of transformation, but it still has progress to make and will need continued financial support in key areas, McNeill said. Recruiting and retention efforts, the Future Combat Systems program, the Army Force Generation Model and Army installations are all things that will need funding to ensure the Army remains able to perform its mission, he said.

“We have to change to maintain this great Army as a relevant force tomorrow,” he said. “To remain the pre-eminent land power on Earth, it is clear to all of us who have leadership responsibilities that we have to change.”

# Pharmacy

Continued from Page 1

To address decreased services at the FSH Community Pharmacy, several changes were implemented to mitigate anticipated increased waiting times at BAMC. These improvements included opening BAMC Main Ambulatory Pharmacy six days a week, offering refill services at BAMC as well as at the FSH Community Pharmacy, drop-off and next day prescription services and pharmacy concierge services. The Main Pharmacy implemented additional internal workflow adjustments to improve operational efficiency. All of these improvements will remain in place.

With the renovation complete, Spaar said patients will find the Fort Sam Houston pharmacy very convenient with ample parking available. As a result, hospital officials anticipate that with more patients using the FSH Community Pharmacy, the parking situation at BAMC will improve.

“Many of our Tricare for Life patients see civilian providers and don’t have a need to come to BAMC,” Spaar said. “It is our goal that patients will benefit from these improvements in service by going to the FSH Community Pharmacy.”

A pharmacy concierge greets and assesses the needs of the patients, checking to see

if a drug prescribed by a civilian physician is available in the BAMC formulary before a patient gets in line to fill the prescription.

Five service windows and a Self-Managed Care Center were added during the renovation, along with new automated dispensing technology, incorporating prescription imaging, bar-coding, visual identification and a standardized dispensing process. The Self-Managed Care Center provides an area for patients with special needs and gives patients additional educational resources to help them better understand the medications they are taking.

“The Fort Sam Houston Community Pharmacy will remain the primary location for all refill prescriptions,” Spaar said, adding that the building will have a dedicated entrance for patients picking up refill prescriptions.

This express refill area has five service windows dedicated solely to refill prescriptions processed in advance either through the automated refill system or the drop-off prescription service. To access the automated refill system, call 916-8700 or visit the BAMC



Photos by Phil Reidinger

The new prescriptions area in the community pharmacy mirrors the customer service area in the prescription refill area. Customers who need a new prescription filled at the same time as a refill prescription can do both in the new prescription area as an added customer service benefit.

Web site at [www.bamc.amedd.army.mil](http://www.bamc.amedd.army.mil).

An additional building entrance is provided for patients with new prescriptions. “If a patient has both new and refill prescriptions, this is the entrance for them to utilize,” Spaar said. “Our intent is for this to provide one-stop service for the patients.”

Spaar said patients seeing civilian providers should obtain a copy of the BAMC/Department of Defense Basic Core Formulary either at the BAMC Web site or from any BAMC pharmacy location.

“Often, if a physician knows what drugs are available to a patient through the military pharmacy, he or she can pick a drug from the formulary that is appropriate for treating a patient’s medical con-

dition,” he said. “This saves both time and money for our military beneficiaries and avoids the difficulty of having to go back to the health care provider for an alternate prescription.”

Patients enrolled at BAMC will continue to see new prescriptions filled at the hospital unless they asked their health care provider for prescription pick up at the FSH Community Pharmacy.

The pharmacy, located in Building 2401 in the Post Exchange Complex, will be open Monday through Friday from 9 a.m. to 5 p.m.

For more information, call the FSH Community Pharmacy at 295-9371 or the BAMC Main Pharmacy at 916-1536.



Pharmacy technicians Debra Centeno and Larissa Hill-Mitchell set up the new pharmacy automation, which includes a 280 unit tablet and capsule dispenser system, in the new prescriptions customer service area. The pharmacy concierge will be manned by pharmacy technicians to provide a full range of patient education and customer assistance to include information about the pharmacy basic formulary.

## Fort Sam Houston Community Pharmacy, 295-9371

Building 2401 on Scott and Allen Roads  
Open Monday through Friday from 9 a.m. to 5 p.m.  
Closed weekends and holidays  
Automated Refill System: 916-8700

## Brooke Army Medical Center Main Pharmacy, 916-1536

Open Monday through Friday from 8 a.m. to 6 p.m. and Saturday from 9 a.m. to 5 p.m.  
Closed Sunday and holidays  
Automated Refill System: 916-8700

# Family Action Plan

Continued from Page 1

delegates identify steps needed for resolution. Delegates then decide which issues meet the criteria for entering into the FAP process, taking factors like budget and manpower into consideration,” York said, adding that out of the 50 issues reviewed, 17 issues were “prioritized,” meaning they were deemed appropriate for further action.

Out of the 17 issues, nine were presented to Fort Sam Houston leaders, to include:

- Enhance funding for the Army Career and Alumni Program;
  - Improve gate security for entry onto post, such as a log for visitors to document destination and driver’s name on day pass;
  - Introduce a generic brand to commissaries;
  - More strategic placement of the Winans access control point to allow better traffic flow;
  - Improve career counseling for civilians at the Civilian Personnel Advisory Center;
  - Equal availability of post school enrollment to all military dependents;
  - Increase education regarding retirement entitlements for ex-spouses;
  - Expand on-post childcare for children with special needs; and
  - Increase hourly childcare availability.
- All 17 issues will now be sent back to the organizations so they can develop another document called the

issue paper, which is a more detailed description of the problem that includes a timeline for completion.

A Commander’s Steering Committee, chaired by Martinson and comprised of directorate heads and community representatives, will meet within three months of the conference to review the issues one last time.

“This is when more information is obtained and final questions are answered,” York said. “The commander will decide whether the issue will become active or be labeled ‘unobtainable.’”

Once active, a timeline is developed and follow-up meetings ensure the work progresses smoothly.

The issues that transcend the local level will be passed on for consideration at the major command AFAP conference and, if of Army-wide importance, elevated to the Army-level AFAP conference.

In 2005, AFAP delegates sent 10 issues to the MACOM conference, of which three were forwarded to the DA AFAP conference, held in January 2006.

The issues forwarded to the DA conference are national standards for volunteer service for military, continental U.S. travel for family members (Air Mobility Command flights) and family readiness group funding.

The disposition papers on all 2005 issues are available



Photo by Elaine Wilson

Delegates Charles Byrd and Phoenicia Miller discuss a quality of life issue while facilitator Teresa Parker keeps them on track March 8 during the Fort Sam Houston Army Family Action Plan Conference at the Sam Houston Club.

at the AFAP office in the Roadrunner Community Center.

The AFAP program staff thanks their commercial sponsors: Cathy Austin and Brook Owens, Keller Williams Realty; USAA; Paul and Lois Roth, military benefit representatives; Jordan Ford; Eisenhower Bank; and Patrick Fitzgerald, W.R. Starkey Mortgage;

The disposition papers with results from the local 2006 conference will be posted on the AFAP Web site by April 1. For more information, call Felix Aparicio at 221-2705.

Women's History Month

Military women sacrificed, earned equal treatment

By Minnie Jones  
Fort Sam Houston Public Information Office

This year's theme for Women History Month, "Builders of Communities and Dreams," honors women for bringing communities together and restoring hope in the face of impossible odds.

Brig. Gen. Carla G. Hawley-Bowland, command surgeon for U.S. Army Europe and 7th Army, reiterated this theme as the guest speaker at the Women's History Month luncheon Tuesday at the Sam Houston Club.

Hawley-Bowland used an illustrative presentation to chronicle how women earned the right to serve in the military. Hawley-Bowland described the plight of women throughout history who fought to participate, sometimes secretly, to serve in the military. She started with the Revolutionary War when an American Indian woman, Tyonajanegen, fought beside her husband, Joseph Brant, a Continental Army officer during the U.S. War of Independence. Tyonajanegen aided her husband by staying at his side and loaded his gun after he was shot in the wrist. During the Civil War, there was Mary Hays McCauly (better known as Molly Pitcher) who would bring pitchers of water from a nearby creek to the thirsty Soldiers. Her act of courage didn't stop there; when her husband collapsed while manning his cannon, Molly took over for him.

Hawley-Bowland guided luncheon attendees through the struggles, the achievements and the firsts for women who served in the military, stopping at certain timelines in history that impacted the nation.

"Often through history, necessity is the mother of invention; it has gotten us to where we are today," she said.

For instance, during the Japanese attack on Pearl Harbor Dec. 7, 1941, the services once again began recruiting women. Recruitment of women was a major under-

taking. Posters urged women to join the services and "free a man to fight."

In 1942, the War Department still needed women to fill support roles and free men for combat. Among much controversy, Congress passed legislation to form the Women's Army Auxiliary Corps. Then, finally, women obtained permanent military status through the Women's Armed Services Integration Act in 1948.

Over the years, women have become more recognized as a valuable asset to the military. In 1967, President Johnson signed Public Law 90-130, a bill which revoked the limits on the number of women in the services; permitted permanent promotion to colonel and provided for the temporary appointment of women to brigadier general if filling a flag rank billet. In his words, "Our Armed Forces literally could not operate effectively or efficiently without our women ..." Oct. 1, 1994, the Defense Department issued a policy that rescinded the so-called "risk rule" that limits the specialties to which women can be assigned.

"At present on the Global War on Terrorism, women are currently participating in an all voluntary status; there are 11,000 women serving in Iraq," Hawley-Bowland said. "In addition, there is also a secondary gain — besides protecting our own freedom, we are benefiting women all over the world; we are seeing a lot of women voting for the first time. That is where the real power for women lies. Except freedom has not come without a cost — 54 women have died in the line of duty, with more than 300 women wounded in combat."

In conclusion, Hawley-Bowland named a few famous women "firsts" in the military. Dr. Mary E. Walker, a contract surgeon during the Civil War, was the first and only woman to receive the Medal of Honor in 1865. June 11, 1970, Army nurse Brig. Gen. Anna May Hays became the first woman to achieve general rank. In 1971, The Air



Photo by Doug Meyer  
Maj. Gen. George Weightman, installation commander, gives Brig. Gen. Carla G. Hawley-Bowland, command surgeon for U.S. Army Europe and 7th Army, a token of his appreciation for speaking at the post's Women's History Month commemoration Tuesday at the Sam Houston Club.

Force promoted Jeanne M. Holm, director of Women in the Air Force, to brigadier general; and in 1972, Alene B. Duerk, director of the Navy Nurse Corps, became the first female admiral. Seven years later, Hazel W. Johnson of the Army Nurse Corps became the first "African-American" woman general in the U.S. military.

Hawley-Bowland also said her state of Wyoming was a pioneer state for granting equality for women, pointing out they were first to have a women justice of the peace and voting a woman for governor in 1923. Hawley-Bowland divulged that she was also a first — the first Medical Corps general officer in the Army.

Hawley-Bowland ended her presentation with a quote by Abigail Scott Duniway, "The young women of today, free to study, to speak, to write, to choose their occupation, should remember that every inch of this freedom was bought for them at a great price."

In honor of Women's History Month, who had the greatest influence on you?



"The good Lord; my mother, who taught me a good work ethic; my maternal great aunts, who showed me that one can excel in a career and have a family; my husband, David Windsor, for without his companionship and support, none of what I did would have been possible; and former commander, retired Col. Ian Natkin, who taught me everything I need to know about working in a combat support hospital; I could not have survived without him."

**Retired Sgt. Maj. Kasha Zilka**  
volunteer, Order of Military Medical Merit



"My parents and the village of Marbury, Ala. My father worked for the L&N Railroad, my mother picked cotton and worked as a maid, and together they raised nine children. They instilled in me to seek God first, do my best, be pleasant and always set a good example."

**Phyllis Bergen**  
education technician, Department of Academic Support and Quality Assurance, Army Medical Department Center and School



"My mother has been the greatest influence in my life. She taught me that you have to work hard for the things you want; nobody is going to give you anything. I admire her because everything she has, nobody has given it to her. You appreciate things more knowing that you worked for it and nobody gave it to you."

**Sgt. Maj. Christy Martinez**  
chief instructor, Department of Clinical Support Services

# Volunteers learn how to nurture spirit, become better mentors

Story and photo by Yolanda Hagberg  
Fort Sam Houston Public Information Office

About 30 volunteer mentors and prospective mentors attended a luncheon and in-service presentation called “The Spirituality of Mentoring,” by retired Chaplain (Col.) Edward Maney, March 8 at the Installation Chaplain’s Office.

The former installation chaplain’s presentation focused on the spiritual dimensions of mentoring and was designed to help mentors deal effectively and positively with the spirituality in the mentor-protégé relationship.

Throughout his presentation, Maney involved the audience with thought-provoking questions and responses.

“We are going to talk about the spiritual connection of mentoring. I want you to have a positive impact and influence on the student’s well-being. Anything that will enhance making these mentees productive citizens and make a difference in their lives to improve their development must be considered and used,” he said.

Through a series of slides, he discussed the meaning of theology and what he called “Live-ology.” “Every human being has inherent worth; we must value others over self. Life is about choices; we must make the right ones.”

He explained the pursuit of the virtues of faith, hope and love in shaping the human condition.

“How you practice these virtues — faith, hope and love — determines what kind of person you are,” said Maney. “Define yourself and help your mentee realize who they are. Let the child know what you are bringing to the table based on your own spirituality.”

He told the mentors to always be honest and sincere, don’t be pretentious and focus on intangible values which impact the human spirit — truth, faith, hope, love, trust, mercy and grace. “Don’t use materialism as a substitute for nurturing the spirit,” Maney said. “Remember, you

are never alone; God is your mentor, never your tormentor.”

Among the volunteers who attended the luncheon were Soldiers, Department of Defense civilians, retirees and representatives from the school districts serviced by the Fort Sam Houston mentor program.

“The children need our help. They are looking for credibility and respect and we can give them that,” said retired Master Sgt. Howard Baer after the presentation. Baer, who has been a mentor for two years, has a background in education and currently mentors four high school students. “We definitely need a lot more young mentors because they have a greater impact on the children,” he said.

Another attendee was Sgt. 1st Class Carlton Bray, of U.S. Army South, who was at the in-service to sign up as a mentor. “I want to become a mentor because I want to make a difference in society,” Bray said.

## Fort Sam Houston Mentor Program

Through the Fort Sam Houston Mentor program, individuals volunteer to spend 60 to 90 minutes per week in one-on-one mentoring sessions in local schools with students who are in academic and social at-risk situations. The program is command-sponsored so the volunteers receive work time each week to complete the mission. Although no special background or experience is required, volunteer mentors must exercise good judgment, remain objective and relate effectively. Each must receive a recommendation to participate. Employees must receive a recommendation form their immediate supervisor.



Retired Chaplain (Col.) Edward Maney involves the audience with thought-provoking questions and responses during his presentation called “The Spirituality of Mentoring” March 8 during a mentor’s in-service and luncheon hosted by the Installation Chaplain’s Office.

Mentoring is accomplished during school hours on campus. Mentees range from third graders to high school seniors.

“We desperately need more mentors to meet our goal of 400 mentors each year to help students in 17 schools,” said Brian Merry, mentor program coordinator. The Fort Sam Houston community program reaches out to the Fort Sam Houston and the San Antonio Independent School Districts that include 11 elementary, two middle and four high schools.

For more information or to volunteer, call Winfield Lopez, mentor coordinator, at 221-5005 or e-mail winfield.lopez@samhouston.army.mil.



## Spotlight your unit

The Public Information Office welcomes articles, photos or story idea submissions for the Fort Sam Houston News Leader.

To submit a story or idea or for more information, call 221-0615, e-mail news.leader@samhouston.army.mil or stop by the office in Building 124 (second floor).

# Writing excellence



Photos by Elaine Wilson

Retired Lt. Gen. Quinn Becker presents the Spurgeon Neel Annual Award to Capt. Kevin Goke at a ceremony Friday at the Army Medical Department Museum. Goke is assigned to the Department of Nursing, William Beaumont Army Medical Center, El Paso, Texas. The Spurgeon Neel Annual Award recognizes an article published in the Army Medical Department Journal that best depicts the history, legacy and tradition of AMEDD.



Retired Lt. Gen. Quinn Becker presents the Spurgeon Neel Annual Award to Capt. Rene Delarosa, who is attending the Psychiatric Nursing Course at Walter Reed Army Medical Center, Washington, D.C. Delarosa and Capt. Kevin Goke were honored for their article about mental health services at Abu Ghraib called “Nafsea (Psychology) Through the Wire,” published in the July to September 2005 AMEDD Journal. The AMEDD Museum Foundation encourages authors to submit articles about the legacy and history of AMEDD to the journal editor by calling 221-6916 or DSN 471-6916.

# Wide range of people can obtain free legal assistance

By **Peter Katson**  
Fort Sam Houston Legal Assistance Office

Like all other military benefits, legal assistance eligibility is controlled by military regulation and, ultimately, Congress.

Title 10 § 1044 of the U.S. Code and Army Regulation 27-3 define who can come to an Army Office of the Staff Judge Advocate for services including legal advice, a new will or a power of attorney.

Most people are aware that active duty and their family members are entitled to these services, but there are others eligible for assistance.

Former (by divorce) military spouses are not authorized legal assistance; however, former spouses may receive legal assistance on behalf of minor dependent children in their custody. In such a case, the relevant ID card is that of the child rather than that of the former spouse. On the other hand, un-remarried widow and widower former spouses are eligible for legal assistance in their own right. Also,

the spouse and minor children of military personnel who died while on active duty are fully eligible.

Gray area reserve retirees and disabled vets (receiving VA rather than military disability pay) are also not provided for by AR 27-3 and 10 USC. A gray area retiree is someone who has full post access, received a 20-year letter from the reserve component and is on the retired roles, but will not receive retirement pay until age 60.

To contrast, all active duty retirees and active or reserve component members receiving armed services disability pay and their ID cardholding family members are specifically mentioned in AR 27-3 as being eligible for the full range of legal assistance services.

The rules for reserve component eligibility can be somewhat confusing. Reserve members and their families normally receive legal assistance from reserve component judge advocates. However, reservists serving on active duty pursuant to orders for more than 29 days

are eligible for all legal services as are their family members. If their orders are for 29 days or less, however, the full range of services may not be available, or services may be further limited to emergencies only. Also, reservists undergoing pre-mobilization legal preparation are eligible along with their dependents, but services may again be limited depending on resources. In all other cases, reservists and their families should look to reserve component judge advocates for services.

Demobilized reservists who were activated for more than 30 days are entitled to all legal assistance services. The period of eligibility is two years from the date of release from active duty or twice the period of their mobilization orders, whichever is greater.

Department of Defense civilian personnel who have accepted employment outside the United States are only eligible regarding matters that relate to employment processing. However, an employee on home leave may receive assistance with an ongoing legal assistance matter being handled

outside the United States. These services extend to their family members as well.

DoD civilian personnel who have received deployment orders to a combat zone or contingency operation, along with their family members, may receive legal assistance, but only on matters related to their imminent or actual deployment. Mission essential and emergency essential DoD civilian personnel and their families are eligible for legal assistance, but only on matters related to their actual or possible deployment.

Finally, civilian contractors are not entitled to legal assistance except while stationed overseas and only if provided for by DoD contract. Members of foreign military forces (and their family members who accompany them) are eligible but only while serving in the United States.

It is not always easy to predict when an ID card holder is eligible or not for legal assistance. For more information, call the Fort Sam Houston Legal Assistance Office at 221-2282.

## Employees able to contribute base pay to TSP account

In January, the Internal Revenue Service lifted the percentage limits on employee contributions to the Thrift Savings Plan. Employees can now contribute their entire base pay to their TSP account minus any mandatory deductions. Examples of mandatory deductions include federal and state income tax withholding and court-ordered payments.

Before raising the amount of a contribution, TSP contributors should keep in mind that the Internal Revenue Code limits the tax deferred portion of that contribution to \$15,000 for 2006. The Internal Revenue Code also

limits overall contribution to a TSP account to \$44,000 for 2006. For example, TSP participants with no tax-exempt income can only defer taxes on \$15,000 of the amount they contribute and their total contribution for the year can be no larger than \$44,000.

The \$15,000 cap does not apply to people who are or were in a designated combat zone where pay is tax exempt. In those cases, employees can contribute up to the \$44,000 limit for the 2006 tax year.

If contributions are going to exceed the tax deferred amount, people may want to consider putting some of

that excess contribution into a Roth IRA. Money invested in a Roth IRA is taxed on the way into the investment and is tax free when properly distributed. Excess contributions to a TSP account, on the other hand, will be taxed on the way into the account and will be taxed when receiving a distribution from that account. For 2006, Roth IRA contributions are capped at \$4,000.

For more information, visit the TSP Web site at <http://www.tsp.gov>.  
(Source: Office of the Staff Judge Advocate)

National Nutrition Month

Daily cup of java may have hidden benefits

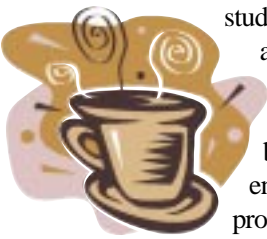
By 2nd Lt. Ericka Cisco  
Dietetic Intern

Coffee is a well-known drink that was introduced to America by a French infantry captain in the 1700s. With coffee as the world’s most popular beverage, it is no wonder consumers are anxious to learn the advantages and disadvantages pertaining to regular intake.

The daily consumption of coffee by the estimated 100 million Americans who depend on a cup of coffee to begin every day may be providing more than just a

“coffee fix.” Current research has shown that regular consumption of coffee could help protect against colon cancer.

The cause of this reduction in the incidence of colon cancer, according to German researchers, is an active antioxidant called methylpyridinium, which may play a significant role in protecting against colon cancer. Methylpyridinium is found in caffeinated and decaffeinated coffee products. It is not present in raw coffee beans, but is created during the roasting process. The



studies tested the effects of this antioxidant on animal subjects and results showed that methylpyridinium appeared to boost the activity of phase II enzymes which are believed to protect against colon cancer.

Until human studies are performed, the exact amount of coffee needed to provide a protective effect against colon cancer is unknown. However, there is good news for those who prefer strong coffee; studies suggest that “espresso-type” coffee contains about two to three times more of the anti-

cancer compound than medium roast coffee. In addition to the German research, the European Journal of Cancer Prevention published research revealing a decreased risk of colon cancer among subjects consuming three or more cups of coffee per day.

Although the results of these studies show a positive relationship between coffee and a lower incidence of colon cancer, additional studies need to be performed before any recommendations about coffee drinking can be made confidently. Until then, continue to enjoy that morning cup of coffee.

Brooke Army Medical Center

Health Promotions – March Class Schedule

Class	Dates	Time	Place
Arthritis Management	Tuesday	9:30 to 11 a.m.	Report to the BAMC Rheumatology Clinic, third floor
* Asthma Management	Tuesday and 28	2 to 3:30 p.m.	BAMC, Health Promotion Center lower level, Room L31-9V
Body Fat Testing	Friday	8 to 11 a.m.	BAMC, Health Promotion Center lower level, Room L31-9V
Breast-feeding Class	every Friday	1 to 2:30 p.m.	BAMC, OB/GYN fifth floor conference room
Cholesterol Management	Wednesday 28	1 to 3:30 p.m. 10 a.m. to 12:30 p.m.	BAMC, Health Promotion Center lower level, Room L31-9V
Diabetes Management	Monday and 27 Tuesday and 28	Call for more information	BAMC, Call 916-0794 to participate
* Tobacco Use Cessation B	Tuesday and 28	5 to 6:30 p.m.	BAMC, fourth floor conference room, Room 413-11
* Tobacco Use Cessation C	today, 23 and 30	3 to 4:30 p.m.	BAMC, fourth floor conference room, Room 413-11
Weigh for Health (Weight Management)	Friday	9 to 10 a.m.	BAMC, Health Promotion Center lower level, Room L31-9V
Yoga	Wednesday and 29	12 to 1 p.m.	BAMC, fifth floor, Room 531-14
* To schedule these classes, call 916-9900 and choose option number 4. For more information, call 916-3352.			

Army Community Service

Family Advocacy Program – March Class Schedule

Class	Dates	Time
Boys only! (Ages 9 to 11)	27	4 to 4:30 p.m.
Management Skills, Series (1 to 4)	Monday and 27	4:30 to 6 p.m.
New evening series (1 to 3)	Wednesday and 29	4:30 to 6 p.m.
Commander’s Training	23	8 to 9:30 a.m.
Getting Ready for Childbirth (Series 1 and 2)	23 and 30	9 a.m. to 12 p.m.
Girl talk! (Ages 9 to 11)	Monday	4 to 4:30 p.m.
Healthy pregnancy	Friday	9 a.m. to 12 p.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	Tuesday and 28	9 to 11 a.m.
Single Parent Course (Series 1 to 3)	Wednesday	2 to 3:30 p.m.
SOLVE (Series 1 and 2)	Monday and 27	2 to 3:30 p.m.
S.T.E.P. Program for Parents of School-Age Children (series 1 to 4)	today, 23 and 30	1 to 2:30 p.m.
S.T.E.P. Program for Parents of Teens (Series 1 to 4)	Tuesday and 28	11 a.m. to 12:30 p.m.
Truth or Consequences? (Series 1 to 4)	Tuesday and 28	4:30 to 6 p.m.
You and Your Baby (Series 1 and 2)	Wednesday	8 a.m. to 12 p.m.
Saturday Marathon	25	9 a.m. to 5 p.m.
Class space is limited. To register for classes or for more information, call ACS Family Advocacy Program at 221-0349 or 221-2418.		

Annual HIV education

All units on Fort Sam Houston and Camp Bullis must attend HIV education. To schedule the one-hour class starting in April, call Army Public Health Nursing at 295-2326.

# More troops, families tapping into DoD counseling services

By Donna Miles  
American Forces Press Service

WASHINGTON – With high operational tempos and multiple deployments increasingly becoming the norm, more service members and their families are seeking counseling services, the Pentagon’s family policy chief said.

DoD started expanding its array of counseling services shortly after Sept. 11, 2001, to help counter the stress military service places on service members and their families, particularly during wartime, Barbara Thompson, director of DoD’s Office of Family Policy told American Forces Press Service.

The result is a vast family-assistance counseling network that emphasizes problem solving and communications skills that help individuals and families get through difficult times. “This is a particularly challenging time for families and service members,” Thompson said, noting the frequency of deployments that often separate families for 13 to 14 months at a time.

But deployments aren’t the only stressful times, she said. The busy period leading up to a deployment can be almost as difficult, and the adjustment time immediately after a deployment can be the toughest of all.

The National Mental Health Association identified symptoms affected people may experience:

- Difficulty completing tasks;
- Trouble concentrating;
- Fear and anxiety about the future;

“We want to make sure everybody has access to this expertise. It’s a way of helping families cope with the day-to-day issues that affect their lives.”

Barbara Thompson  
*director, Office of Family Policy*

- Apathy and emotional numbing;
- Irritability and anger;
- Sadness and depression;
- Feeling powerless;
- Extreme hunger or lack of appetite;
- Difficulty making decisions;
- Crying for no apparent reason;
- Headaches or stomach problems;
- Difficulty sleeping;
- Excessive drinking or drug use; and
- Feeling withdrawn.

Everyone experiences stress differently, and these and other symptoms aren’t unusual for people who have undergone deployments or had a loved one deploy, Thompson said. “These are normal reactions to difficult circumstances,” she said.

The goal, she said, is to address these issues before they escalate.

The National Mental Health Association recommends tips for coping during difficult times. They range from avoiding excessive exposure to news and talking with others to exercising, eating right and taking part in relaxing, soothing activities.

The group urges for people who can’t seem to shake these feelings to seek treatment.

Nearly every military post has a family service or support center, chaplain, child

development center or other service where families can get help, from crisis intervention to counseling, depending on their need. In many cases, non-medical counseling — educational and outreach sessions as well as individual, group and marriage counseling — is the best medicine, Thompson said.

Services extend beyond active-duty troops and their families to include two groups not always included in military programs: National Guard and Reserve members not on active duty, and DoD civilian employees who have deployed overseas.

“This is a system of support as a service member and a family traverses the military lifestyle,” Thompson said. “It’s life coaching, problem solving, providing that extra level of support when a crisis occurs.”

Educational sessions, the broadest form of counseling provided, focus on basic life skills, such as stress and anger management, communications, decision making and financial stability.

Outreach sessions are a bit more targeted, with counselors or social workers attending town hall meetings and greeting troops arriving from deployments to ensure

they know counseling services are available if they need them. Counselors also present briefings before, during or after deployments and offer group coaching.

In addition, trained social workers and counselors offer private counseling to help people who request it work through troubling issues. These issues can run the gamut, from deployment-related anxiety and family conflicts to emotional or financial difficulties.

“We realize that for many people, these issues are not in isolation,” Thompson said. “They’re often layered challenges that overlap. The trick is to address them as early as possible before they become bigger challenges.”

Thompson emphasized that such programs augment rather than replace the military’s network of unit leaders, chaplains, child development center staffs, and family support centers that have traditionally offered the first step in crisis intervention.

Thompson calls it a positive sign that several thousand service members have taken advantage of the non-medical counseling services offered and expressed hope others will follow their lead. “We want to make sure everybody has access to this expertise,” she said. “It’s a way of helping families cope with the day-to-day issues that affect their lives.”

Troops or family members interested in programs can get a referral from base service providers. They can also request help directly by calling Military OneSource toll-free from the states at (800) 342-9647 or overseas at 800-3429-6477.



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## Blood is fluid of life

The Brooke Army Medical Center Blood Bank is running critically low on AB Negative blood.  
Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.  
Contact the donor center to lend a helping hand.  
To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



# Dive in

## Amputees gain physical strength, confidence with scuba

By Cheryl Harrison

Public Information Office Fort Sam Houston

A group of dedicated people have given amputees from Brooke Army Medical Center a chance to escape gravity and forget that a life once known has changed forever.

"We provide as many sports venues as we possibly can to the amputee patients," said Capt. Justin LaFerreir, BAMC Physical Therapy Department. "We snow ski, bike ride, have a running club, and when we discussed the idea of scuba diving, we all said yes! And coincidentally, John Duggan called the very same day the subject was brought up."

John Duggan, owner of Duggan Dive Shop in Universal City, Texas, said he "saw Soldiers coming to BAMC from deployments, fighting global terrorism and knew they would be there for a while. I talked about the idea of a scuba class with my instructors and we agreed to offer the opportunity to any amputee who would be committed."

Retired from the Air Force after 34 years — 17 years as enlisted and 17 as an officer — Duggan said he knows the stress following wartime activity. Having spent several tours in Vietnam, he wanted the Soldiers returning from the Middle East to have a different welcome.

Duggan offered the first three-week class this month. The class met four

nights a week during off-duty hours at the Jimmy Brought Fitness Center pool, where there was already a contract in place for regular scuba lessons. Even life-guards stayed voluntarily to help with the class.

All of Duggan's time and that of his instructors is also on a volunteer basis. The equipment used is from his shop, and fins, masks and snorkels are on loan from Eels on Wheels, an adaptive scuba program in Austin, Texas, that certifies divers through the Handicapped Scuba Association. Adaptive scuba diving is a mainstream activity designed for the physically disabled.

"The National Organization of Underwater Instructors has always had scuba diving for handicapped, but adaptive scuba was just established this year," Duggan said.

With resources from all the regulatory bodies governing scuba diving, this program is able to meet the needs of virtually anyone wishing to be a scuba diver regardless of physical or mental limitations.

"Our students can do every skill any two-legged person can do, not as rapidly or as skilled, but just as able," said Duggan.

"The class helps the amputees in so many ways. It allows them to conquer something they have never done before



Courtesy photo

Marine Cpl. Patrick Myers looks up from the water for further instruction during a scuba lesson.

and it is relaxing for them," said Mark Heniser, a physical therapist at BAMC's amputee facility who provided class instruction.

There are only two times a person can experience weightlessness, Duggan said, in space as an astronaut and underwater. Most people will never go into space, but anyone can scuba dive.

Marine Cpl. Basillinno (Erik) Santellano, a scuba student, said he was grateful for the experience. "Scuba diving is a tiring workout, but fun. I always wanted to try scuba diving and want to do it in the ocean."

The class will dive in open water for the first time later this month at the Aquarena Springs in San Marcos, Texas.

The next scuba class is tentatively scheduled for August.

## Sports Briefs . . .

### Golf league play begins

Intramural golf team captains will meet March 23 at 12 p.m. at the Golf Course Clubhouse. League play starts April 4. For more information, call Earl Young at 221-1180.

### Intramural tennis

If interested in coaching or participating in intramural tennis this season, call Earl Young at 221-1180 or 221-1234 or e-mail Earl.Young@samhouston.army.mil.

### Golf Course groundbreaking ceremony

The Golf Course groundbreaking ceremony will be held March 27 from 10 to 11 a.m. at the Salado Course to mark the beginning of a two-phase renovation to the tees and greens. The ceremony is open to the public, and a social will immediately follow in the clubhouse. For more information, call 221-5863.

### 'Hoop it Up' basketball tour

Team Championships International will sponsor the "Hoop it Up" three on three basketball tour March 25 and 26 from 9 a.m. to 5 p.m. at the Alamodome, 100 Montana St. Basketball players of all ages and abilities can participate. The event is free and open to the public. "Hoop it Up" offers 36 divisions for male, female and coed teams. This tour affords an opportunity to qualify for the 2006 World Championships hosted by Disney's Wide World of Sports Complex in Florida. Registration deadline is Monday at 5 p.m. For more information or to register, call (888) 997-PLAY (7529) or visit [www.HoopItUp.com](http://www.HoopItUp.com).

### 'Race for the Cure'

The ninth annual Komen San Antonio Race for the Cure will be held April 1 at the Alamodome. Everyone is invited to join the Brooke Army Medical Center team. To join the BAMC team, visit the Komen Web site at [www.sakomen.org](http://www.sakomen.org), click on "join an existing team," click on "search for a team," enter BAMC Medical Mile Steppers and fill out a registration form. For more information, call Susie Ferrise at 916-2261 or Sandy Terrazzino at 916-4457.

## Austin Wranglers arena football

The Austin Wranglers arena football team will host a "Salute to Military 2006" for the Austin Wranglers vs. Kansas City Brigade game Saturday at 7 p.m. at the Ambush Arena in Austin, Texas. After the game, the Wranglers and Lady Wranglers will be available on the field for pictures and autographs. Special military discounts are available for all Wrangler home games. Visit the Fort Sam Houston Morale, Welfare and Recreation Web site and download the ticket request form. For more information, call Shannon Carlson at (512) 339-3927 or e-mail [scarlson@austinwranglers.com](mailto:scarlson@austinwranglers.com).



Smoke-free, courageous forever

Attend smoking cessation classes in the Health Promotion Center and learn how to find the courage to give up the nicotine habit forever, whether you smoke dip, or chew. Become one of our graduates and earn your “wings.”

Health Promotion Center  
Room L31-9v, Brooke Army Medical Center  
916-3352 or 916-5538



Photos be Esther Garcia

Martinez leaves NCO Academy family

First Sgt. Eduardo Martinez accepts the NCO guidon from Sgt. 1st Class David Sheets, senior small group leader, Friday as he prepares to relinquish his responsibilities of the Basic Noncommissioned Officer Course, NCO Academy, to Command Sgt. Maj. Howard Riles, commandant of the Academy, and to incoming 1st Sgt. Richard Watson III during a change of responsibility ceremony. Martinez left his fellow comrades with one final thought, “Take the time to reflect on your day and ask yourself, ‘Did I accomplish something today?’ If the answer is no, be sure you do it tomorrow. As you move through the ranks in various assignments, you will then know how you reached your pinnacle.”

A Company, 264th Med. Bn. welcomes first sergeant

First Sgt. Paula Chavez accepts the A Company, 264th Medical Battalion, guidon from Capt. Albert Garcia, as outgoing 1st Sgt. Kwanda Dixon stands at attention. The change of responsibility was held Monday at MacArthur Parade Field. “I leave with no regrets and no mission unfulfilled. I sincerely hope that I have served you and served you well,” said Dixon. “I am looking forward to working with you and bringing this company to the next level,” said Chavez, addressing the Soldiers of A Company.



Troop Salute

232nd Medical Battalion



Soldier of the Week

**Name:** Pvt. Talor Van Buskirk  
**Unit:** A Company  
**Hometown:** Huntingdon, Pa.  
**Reason for joining:** I wanted to gain some medical experience, attend ranger school and become a U.S. Army Ranger medic.  
**Hobbies:** Football and weights



Junior Leader of the Week

**Name:** Pfc. Gretchen Reich  
**Unit:** A Company  
**Hometown:** Yokosuka, Japan  
**Reason for joining:** I want to earn money for college, learn some medical skills and gain a better way of life.  
**Hobbies:** Playing instruments

# BAMC presents Bravo awards for excellent service

By Mike Dulevitz  
Brooke Army Medical Center Public Affairs

Three recipients of the newly implemented Bravo awards were recognized during the March commander’s award ceremony held at Brooke Army Medical Center March 2.

The recipients were Nina Petersen, of the BAMC Cares desk; Frank DePaolo, of the Dermatology Department; and Mary Bermea of the family medicine after-hours clinic.

BAMC Commander Brig. Gen. James K. Gilman presented the three award winners with a commander’s certificate of appreciation, a cash award and an acrylic desktop Bravo award to display in their work area. The commander congratulated the winners and challenged others to make the kind of impact on patients, visitors and staff that it takes to receive the Bravo award.

The Bravo award recognizes individuals who display excellent customer service and do everything possible to help patients, visitors and staff at BAMC. The award recognizes people with a “can do” attitude who go out of their way to make everyone feel welcome and important.

Bravo award nominations can be submitted by anyone. Patients and visitors to BAMC may do so by filling out a customer compliment form with the patient representatives in the Medical Mall. Each recommendation should address one or more of the following characteristics: friendliness, positive attitude, speaking and thinking positively, treating everyone with respect and dignity, showing empathy when necessary and being a good listener. Each element is not required, but a strong recommendation should be able to include many or all of these attributes.

## Career Clips

**Compliance officer I, San Antonio** - Ensures compliance with all applicable state and federal laws, regulations and acts. Responsible for providing subject matter expertise to business unit and other corporate staff regarding compliance topics, developments, processes, systems and issues. Assists compliance leadership in the interpretation of compliance and regulatory laws, requirements and processes and in the formulation of corporate compliance strategies.

**Wellness director, San Antonio** - Supervises and trains care associates, and ensures delivery of quality resident care in a social environment. Assists in the development and updating of personal service plans. Coordinates and adjusts care associates schedules as needed. Assigns and monitors resident services tasks.

**Area biomedical coordinator, San Antonio** - Equipment maintenance and operation, financial management, risk management and quality compliance. Employee management.

*The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Building 2264, or by calling 221-1213.*

# High school cadets visit post



Photos by Esther Garcia

(Above) Lt. Col. David Hernandez, chief of research and development, Department of Combat Medic Training, demonstrates the patient simulator, used as a tool for training combat medics, to more than 70 ROTC students from McCollum High School in San Antonio. The visit to the post March 8 included a visit to Benner Barracks and the Army Medical Department Museum, with lunch at the Rocco Dining Facility.



Anastasia Kloer (left) and Jeannette Espitia, ninth graders at McCollum High School, listen for the heartbeat of the patient simulator. “It sounds crazy,” said Espitia. Espitia said her mother is a nurse and she is considering becoming a nurse herself.



Courtesy photo

Principal’s Students of the Month

Each month Cole Jr./Sr. High School recognizes one student from each grade level for outstanding attitude, citizenship and overall contribution to the school. The students are nominated by their teachers and then one student is selected by the faculty of each grade level. The recipients for February are (back row from left) Zach Sheridan, 12th grade; Lukas Sheridan, 10th grade; Fabian Rodriguez, 11th grade; and DeVante Dwyer, eighth grade. (Front row from left) Kaitlan Vasquez, ninth grade; and Rebecca Lavender, seventh grade.

**Fort Sam Houston Independent School District**

**Weekly Calendar – Monday to March 25**

**Fort Sam Houston Elementary School**

**Monday**  
Begin fourth nine weeks

**Tuesday**  
Parent information night in cafeteria, 6 p.m.

**Wednesday**  
Early dismissal – kindergarten to fourth grade, 2 p.m.  
Early dismissal – fifth and sixth grade, 2:45 p.m.

**March 23**  
Report cards go home

**March 24**  
Spirit Day  
Parent Teacher Organization board meeting, 10 a.m.

**Robert G. Cole Jr./Sr. High School**

**Monday**  
Begin fourth nine weeks  
UIL one act play “The Merry Wives of

Windsor” in Moseley Gym, 7 p.m.

**Tuesday**  
Cole baseball at Johnson City, 6 p.m.  
UIL one act play “The Merry Wives of Windsor” in Moseley Gym, 7 p.m.

**March 23**  
Varsity and junior varsity tennis – Judson vs. Clemens invitational, 8 a.m.  
Golf team – Comfort Bobcat invitational at the Buckhorn,TBA  
UIL one act play practice at Comfort

**March 24**  
Varsity and junior varsity tennis – Judson vs. Clemens invitational, 8 a.m.  
Grades seven to 12th GT students-Chamber Theater Production, 9:45 a.m. to 1 p.m.  
Cole baseball vs. Randolph at Cole, 4 p.m.  
UIL one act play tech dress rehearsal in gym, 4 to 6 p.m.

**March 25**  
Varsity and junior varsity tennis – Judson vs. Clemens invitational, 8 a.m.  
UIL one act play at Comfort, 1 p.m.

School Board meeting

The Fort Sam Houston Independent School District Board of Trustees will hold a regular meeting March 30 at 11 a.m. at the Fort Sam Houston ISD Professional Development Center, 1908 Winans Road.



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# Chaplain shares thoughts on sacrifice at prayer breakfast

Story and photo by Cheryl Harrison  
Fort Sam Houston Public Information Office

The Sam Houston Club was filled to capacity for the National Prayer Breakfast early March 9. Chaplain (Col.) Gilley Richardson, installation chaplain, greeted everyone present and began the breakfast with introductions.

“I’d like to welcome everyone here this morning and introduce a few special guests. I call them special guests because everyone in this room is a VIP,” Richardson said.

Maj. Gen. George Weightman, Fort Sam Houston and Army Medical Department Center and School commander, reiterated the reason for the breakfast.

“I would like all of us to keep our deployed Soldiers and their families in our prayers. After all, this is a prayer breakfast and it is what we are all about,” said Weightman.

Special guests included Mohamed Ali, Muslim lay leader; Norton Schectman, Jewish lay leader; and Chaplain (Maj.) Yvonne Hudson, Installation Management Agency Southwest Region chaplain. All three shared scripture readings.

Another special group was the 1101 contemporary service band, with a musical performance.

Richardson introduced the guest speaker, Chaplain (Brig. Gen.) Douglas Carver, highlighting his accomplishments and his gift for playing the keyboard and “singing with the angels.” He was brought to the podium with a list of attributes such as Soldier, singer, saint and preacher.

Amid applause, the deputy chief of chaplains stood at the podium and asked, “Did you forget to mention sinner?”

Carver opened by saying, “Music is therapeutic to the soul,” and blessed the audience by playing a keyboard and singing the hymn, “There is None Like You.”

After singing, he returned to the podium reminding everyone that “there is none like our almighty God.”

Carver continued with a theme of sacrifice, referring to the book of Hebrews and the story of



Chaplain (Brig. Gen.) Douglas Carver, deputy chief of chaplains, highlights sacrifice and character, both past and present, at the National Prayer Breakfast March 9 at the Sam Houston Club.

Abraham and his son, Isaac.

“They were the whole idea of sacrifice. Knowing the mission you have in this community, you all know something of sacrifice,” said Carver.

“Abraham was willing to sacrifice his son to obey his Father in heaven. Abraham, father of a nation, extremely faithful, whose officer evaluation report support form claim would have been, ‘he is a friend of God’,” Carver continued.

“Abraham’s life is so descriptive of a Soldier. He left home at an early age, he gave up all his possessions and he sacrificed,” said Carver.

“Sacrifice is a test of character, a test of what is truly on the inside of a person; 9-11 was a test of America’s character and we as a nation passed this test.”

Carver concluded with a prayer and a blessing amid a standing ovation, making the 2006 prayer breakfast a morning of inspiration.

The prayer breakfast movement began after World War II in the U.S. Senate and House of Representatives as small groups met for prayer and Bible study. In 1953, group members approached President Dwight D. Eisenhower with this forum for seeking divine guidance, and he proclaimed the first Presidential Prayer Breakfast. It was renamed the National Prayer Breakfast in 1970.

## Religious Happenings . . .

### **Chapel youth group**

The Fort Sam Houston chapel youth group meets Sundays from 5 to 7 p.m. at the Main Post Chapel. The group is open to seventh through 12th graders, and is sponsored by the chapel congregations. The theme, “Where Faith and Life Meet,” is incorporated in fun activities, Bible applications and off-post events. Adults are invited to help and join in the fun. For more information, call Joanne Benson at 599-0157.

### **PWOC weekly Bible studies**

The Protestant Women of the Chapel invites women in the Fort Sam Houston community to weekly Bible studies at Dodd Field Chapel. The daytime study meets Wednesdays from 9:30 to 11:30 a.m.; and the evening study meets Thursdays at 6:30 p.m. Childcare is provided for both studies. For more information, call Lois Griffith at 226-1295 or visit <http://www.cs.amedd.army.mil/chaplain/Womensministry/>.

### **PWOC seeks homeschool moms**

The Protestant Women of the Chapel invites women who homeschool their children to attend PWOC programs Wednesdays from 9:30 to 11:30 a.m. at Dodd Field Chapel. For more information, call Jenifer Sones at 271-3174 or e-mail [jecsones@earthlink.net](mailto:jecsones@earthlink.net).

### **Officers’ Christian Fellowship**

The Officers’ Christian Fellowship meets on the first and third Sunday of every month at 1008 Gorgas Circle, near the old Brooke Army Medical Center building. Study is from 4:30 to 7 p.m. and includes a home-cooked meal. Participants are studying “The Minor Prophets.” For more information, call Lt. Col. Robert Griffith at 226-1295 or 221-8857 or e-mail [rgriffith3@satx.rr.com](mailto:rgriffith3@satx.rr.com) or [robert.griffith1@amedd.army.mil](mailto:robert.griffith1@amedd.army.mil).

**For the chapel services schedule, visit  
[www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain).**



Photos by Olivia Mendoza

Two unidentified firemen carry victim Sgt. 1st Class David Wessies to the decontamination area for showering during the mass casualty exercise March 8. The exercise tested the ability of first responders in the event of an real world situation.

# Mass casualty exercise prepares first responders for today’s threat

By Cheryl Harrison  
Fort Sam Houston Public Information Office

Fort Sam Houston first responders and support staff conducted an installation-wide mass casualty full scale exercise March 8 on Fort Sam Houston and Camp Bullis. The purpose of the exercise was to evaluate the installation’s readiness to respond to an emergency situation. Responders from American Medical Response, San Antonio Police and Fire Departments, Hazardous Material,

American Red Cross, Criminal Investigation Department, FBI and the San Antonio Joint Terrorist Task Forces took part in the exercise. Members of the installation support team posed as victims in the Fort Sam Houston scenario. For the mock scenario, two improvised explosive devices detonated at two different locations. The explosives were detonated simultaneously at the Harlequin Dinner Theatre and Camp Bullis. The scenario included a total of 20 casualties; 15 on Fort Sam and five at the Camp Bullis site, to include one dead and numerous injured.

A radiological dispersal device was reported. “An RDD is referred to as a ‘dirty bomb’ because it usually causes panic when people hear the word radiation,” said Ben Kruse, emergency medical technician, Public Affairs for American Medical Response.

At 8:37 a.m., the words “fire in the hole” opened the exercise with an explosion and victims falling in front of the Harlequin theater. Smoke was blowing, but with the winds it was difficult for responders to determine the exact location of the “incident” from reports that were received. At about 8:49 a.m., the first sirens were heard and the areas around the bomb site were blocked off by Fort Sam Houston police.

As fire trucks and other

emergency vehicles arrived and began setting up nearby, the police used fog horns to call out to the victims. They reassured the victims that help was on the way and inquired about their physical conditions. They asked if they could move, how many were down and if there were any casualties. They were also told to remain where they were, reminding them help was on the way.

“We can’t send anyone to them yet. We don’t want to use ‘canaries’,” said Kruse referring to how canaries were once regularly used in coal mining as an early warning system. Toxic gases such as carbon monoxide and methane in the mine would kill the birds before affecting the miners, letting miners know to get out. “If the help just goes in where possible toxic chemicals have been used, then they run the risk of possible exposure to themselves and they will be useless in rendering aid to the victims of the initial explosion,” he said.

As emergency response teams prepared for the victims, setting up decontamination tents, EMS personnel stood by to transport the victims to awaiting hospitals. The entire exercise took about four hours, to include a surprise IED, which further hampered all rescues. “We like to throw in a surprise, to keep folks on the alert,” said Kruse.

As the exercise continued, the “victims” acting dazed, hurt and scared started to walk toward the responders seeking aid. As they got close, they were met by members of the fire department dressed in full chemical suits, walked through showers or sprayed with hoses and led to EMTs for evaluation.

According to Capt. Mike Walsh of the San Antonio Fire Department, “I thought the Fort Sam Houston fire department did a great job and everything went accordingly.” Walsh was a team evaluator for the exercise. “A full scale exercise, such as this one, is difficult to pull together, but Fort Sam’s fire department did great and should be very proud,” said Walsh.



Victim Ronald Gardner is dragged away from the contaminated bomb site by two firefighters dressed in chemical gear.



(Above) Firefighter Jessie Rico helps Lt. Lawrence Salinas dress in protective gear before the firefighter is able to go into the bombed area to render aid to victims.

(Left) Firefighter David Lewis puts an oxygen tank into a special container for contaminated equipment after removing it from a fellow firefighter.



Firefighter Jason Vincent helps firefighter Devin Gonzalez into his chemical suit by taping the arm openings, preventing possible contamination from touching his skin.



Two firefighters carry Staff Sgt. Orlando Jones into the spray for decontamination.

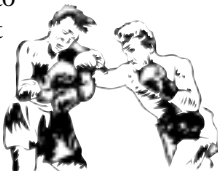


Emergency personnel scrub one of their own with warm water to prevent possible contaminants from spreading.

Community Recreation

Boxing at the Brought II

Boxing returns to the Jimmy Brought Fitness Center Saturday. The event will include amateur boxing by men and women, military members, local civilians and novice and sub-novice boxers. Bouts start at 6 p.m. Admission is \$3. An after party will be held at the Sam Houston Club from 9 p.m. to 1 a.m. In an effort to set up for the boxing event, the Jimmy Brought Fitness Center basketball court will be closed Friday and Saturday. Additionally, the fitness center will close Saturday at 3 p.m. for general use, and re-open for boxing spectators at 5 p.m. For more information, call John Rodriguez at 221-1532 or 221-1234.



Hike Government Canyon

A guided three to five mile hike will be held April 8 in Government Canyon. The cost is \$18 per person which includes transportation, lunch, guide, entrance fee and photos. The hike is open to ages 12 and older, and children under 18 must be accompanied by a parent or guardian. Sign up by March 31. For more information, call Jeffrey Heagerty at 221-5554 or e-mail jeffrey.heagerty@samhouston.army.mil.

Lifeguard class

The Jimmy Brought Fitness Center will sponsor a Red Cross lifeguard class April 1 and 2, and April 8 and 9 from 8:30 a.m. to 5:30 p.m. each day. Participants must be 15 years old and up. Cost is \$165 and includes course materials and AED training. No Department of Defense ID card is required for this class. For more information or to reg-

ister, call 295-8861 or 221-1234.

Federal tax forms

Federal tax and supplemental forms for 2005 are available at the Fort Sam Houston Library. Tax forms from previous years through 1997 are also available. For more information, call 221-4702.

Canyon Lake trailer renovations

The Fort Sam Houston Recreation Area at Canyon Lake will continue to have trailers available for rent through March 31. After this time, trailers are scheduled for renovation and construction. More information on the availability of future reservations will be available at the end of March. Only mobile homes will be affected by the construction: the marina, cabana and beach will not be affected. For more information, call (830) 226-5357 or (888) 882-9878.

Intramural sports

People interested in a team sport should consider joining an intramural varsity sports league. Participation in intramural sports enhances individual morale and unit esprit de corps, promotes teamwork and encourages individuals to reach high levels of physical fitness. For more information or to join, call 221-1180.

Dining and Entertainment

Sam Houston Club, 224-2721

Club membership special

Get the first month of membership free when becoming a Sam Houston Club member. Membership benefits include discounts on Sunday brunch, lower prices for weekly buffet lunch, valuable coupons for special events and a monthly newsletter.

Lunch buffet

The Sam Houston Club features an “All You Can Eat” lunch buffet, which includes beverage, deluxe salad bar, soup and dessert,

Monday through Friday from 11 a.m. to 1 p.m. The cost is \$5.95 for members and \$6.95 for nonmembers.

Bingo

Play bingo every Thursday and Friday; doors open at 5 p.m., and Saturday, doors open at 11 a.m. Youth 10 and older may play when accompanied by an adult. There is a free buffet for all bingo players.

Bowling Center, 221-3683

Bowling championship

The Bowling Center will sponsor a free bowling championship April 8 and 9 starting at 12 p.m. on both days. Any five members of the same unit may form a team. There is no requirement to enter averages. The top two teams will be given individual awards. The registration deadline is April 3. For more information or to register, call John Fryman at 221-3683.

‘Bowl-A-Jam’

“Bowl-A-Jam” is Saturdays from 7 to 10 p.m. The cost is \$8 per person, which includes shoes and one order of fries per lane. Stop by for music and fun.

Golf Club, 221-4388

March special

Get 10 lessons for \$150. Open to men and women of any level of experience. To register, call 355-5429.



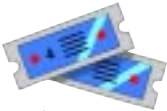
Harlequin Dinner Theatre, 222-9694

The Harlequin Dinner Theatre presents “The Curious Savage,” a comedy by John Patrick, Wednesday through Saturday evenings through April 1. Prices are \$26.95 Fridays and Saturdays and \$23.95 Wednesdays and Thursdays. Military discounts are available. The box office is open from 12 to 5 p.m. weekdays and 1 to 5 p.m. Saturdays. For more information or to make

reservations, call the Harlequin Dinner Theatre at 222-9694.

MWR Ticket Office, 226-1663

Tickets are available for the 48th Annual Ebony Fashion Fair March 26 at 5 p.m. in Laurie Auditorium, Trinity University. Season passes to Fiesta Texas, Disney World and Universal Studios are available. For more information, call 226-1663 or 224-2721.



March Madness

The Bowling Center will host March Madness through April 7. Participate in a Turkey Tournament Wednesdays and Thursdays and Final Four Fridays.

Bowl one game Wednesdays or Thursdays between 9:30 a.m. and 5 p.m. and receive one free entry form to select the team that could possibly win the 2006 NCAA Basketball Tournament. For every strike bowled, receive an additional entry form (maximum three per person). Entries for the Turkey Tournament will not be accepted after March 27. Grand prize for the Turkey Tournament is \$300 cash and two round-trip airline tickets courtesy of Southwest Airlines.

Final Four Fridays is a chance to win an additional \$100 cash. Bowl all you want Friday nights from 9 p.m. to 12 a.m. for \$4.95 per person, including shoes. Wear any basketball apparel and receive an entry form to enter the \$100 cash drawing.

The 2006 Bowling Center March Madness promotion is sponsored by MWR, First Command Financial Planning, Home Depot, Southwest Airlines and San Antonio Federal Credit Union.

For more information call the Fort Sam Houston Bowling Center at 221-4740.



Child and Youth Services



Youth Services registration

Youth Services registration is Mondays through Fridays from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797, Stanley Road. Central Registration takes walk-ins and appointments. To register, parents need to bring current shot records, name and telephone number of two local emergency contacts, physical exam or well baby check completed within the last 12 months with physician’s signature affixed, child’s Social Security number and proof of total family income such as a current leave and earnings statement or pay stub. There is an \$18 annual registration fee per child, maximum \$40 per family of three or more registering participants. For more information, call Roxanne Lacy at 221-4871 or Arlene Alvarez at 221-1723.

Free after-school program

Youth Services offers a free after-school program for sixth to 10th graders Monday through Friday until 6 p.m. YS will pick up children from the school (either the elementary or the high school). At the Youth Center, they will have a snack, work on homework, participate in clubs and do fun, innovative projects at the 4-H club, photography club and the computer tech club. Youth must be registered with Child and Youth Services. The annual fee is \$18, but there is no

cost for the program. For more information, call 221-3502 or 221-4871.

Youth Services volunteers

Youth Services is looking for volunteers to assist with youth programs such as golf, roller hockey, tennis, computers and arts and crafts. Volunteers with typing or filing skills are needed for the administrative office. For more information, call the Youth Center at 221-3502.

Open recreation

School Age Services will offer open recreation the second and fourth Saturday of each month from 2 to 6 p.m. in Building 1705. Activities include computers, arts and crafts, table and board games, gym activities and special events. All children must have a current Child and Youth Services registration pass. Parents must sign children in and out of the School Age building. For more information, call School Age Services at 221-4466.

Baseball, T-ball, softball registration ongoing

Registration for youth baseball is ongoing from 8 a.m. to 5 p.m. at the Roadrunner Community Center, Central Registration, Building 2797. To register, parents must pay a \$45 activity baseball fee and bring updated immunizations for fifth graders and below, sports physical and a current leave and earnings statement. All participants must have a current Child and Youth Services membership. For more information, call 221-4871 or 221-1723.

Girls’ basketball needs players

Youth Sports still has openings in the 13- to 14-year-old girls’ basketball team. The cost is \$45. For more information, call Youth Services at 221-3502 or 221-5513.

Piano lessons available

Piano lessons will be offered Monday through Saturday from 3:30 to 8 p.m. The cost is \$60 per month for four 30-minute lessons. Classes are for ages 6 to 18 and children must be registered with Child and Youth Services. For more information or to sign up, call 221-4871 or 221-9613.

Parent Advisory Council meeting

The Child and Youth Services Parent Advisory Council will meet Tuesday and April 18 from 11:30 a.m. to 12:30 p.m. at the Child Development Center. Lunch will be provided. Family Advocacy will provide a workshop on child abuse prevention. All CYS patrons are encouraged to attend. This is an opportunity to meet staff, learn of upcoming events and attend parent education opportunities.

Part-day preschool program

Patrons interested in the part-day preschool program at the Child Development Center can call Central Registration at 221-4871 or 221-1723. Preschool is Monday through Friday from 9 a.m. to 2 p.m. Fees are based on total family income.

Home-based child care

Family Child Care offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. FCC offers full-day, part-day, before- and after-school care, hourly care, extended hourly care and long-term care. For referral information or child registration, call Central Registration at 221-4871 or 221-1723.

Family Child Care Online

Family Child Care Online is a marketing tool that allows parents to take a virtual tour of FCC homes. In addition, parents can read about the provider’s philosophy of care, hours of operation and background. This online tool can be accessed through the Child and Youth Services Central Registration office at Building 2797 from 8 a.m. to 4:30 p.m.

CDC waiting list

To remain on the waiting list for the Child Development Center parents are advised to check their status every 90 days. To check status, call the Child and Youth Services Central Registration office at 221-4871 or 221-1723.

FCC providers

Family Child Care is looking for family members interested in becoming certified FCC providers. There is a no-cost start-up plan. For more information, call 221-3820 or 221-3828.

## Events

### Annual Tour of Homes

The Fort Sam Houston annual Tour of Homes will be held April 1 from 10 a.m. to 3 p.m. Tickets are \$10, or \$15 on the day of the tour. Tickets are available March 25 from 10 a.m. to 2 p.m. at the Post Exchange, commissary and Golf Club. Tickets are also available at the Officer and Civilian Spouses’ Club luncheons. For more information, call Liz Schreckhise at 270-2114 or Licia Rothfuss at 222-9464.

### MOAA luncheon

The Military Officers Association of America – Alamo Chapter, will sponsor a luncheon March 23 at 11 a.m. at the Gateway Club at Lackland Air Force Base. The guest speaker will be Judith Markelz, program manager for the Soldier and Family Assistance Center at Fort Sam Houston. The luncheon is open to active duty and former officers, reservists, retirees and surviving spouses. The cost is \$15 and tickets can be purchased at the door. For more information or reservations, call 228-9955.

### Fisher House Golf Tournament

The annual Fisher House Golf Tournament at The Dominion Country Club will be held April 10; tee time is 1:30 p.m. Tournament cost is \$110 per person, and includes green fees, cart fee, box lunch and dinner, T-shirt and assorted prizes. For more information, call Ellyn Gilbert at 481-1161 or Irene Meadows at 403-0199.

### ACAP semiannual military job fair

The San Antonio Military Community Job Fair will be held Wednesday from 9:30 a.m. to 3 p.m. at the Live Oak Civic Center, 8101 Pat Booker Road. The fair is sponsored by the Army Career and Alumni Center, the Family Employment Readiness Program, local U.S. Air Force base transition and career focus programs, the Texas Workforce Commission and the Department of Labor for “VETS.” More than 100 employers are expected. The event is free and open to the public.

### Welcome Home Coalition at job fair

The Welcome Home Coalition will be at the San Antonio Military Community Job Fair Wednesday from 9 a.m. to 3:30 p.m. at the Oak Civic Center, 8101 Pat Booker Road. Representatives will interview Hispanic men and women in the military and their family members about considering a career in mortgage banking.

### Stieren Arts Enrichment Series

Trinity University presents Libby Larsen, one of America’s most performed living composers, March 23 and 24 at 8 p.m. in the Ruth Taylor Recital Hall. March 23, her presentation will be on “The Future of the Concert Hall in America.” The presentation will be preceded by a concert of her chamber music performed by Trinity faculty and students. March 24, Larsen will speak on “The Future of the Concert Hall in America.” The Trinity Chamber Singers will also perform during her presentation. Both events are free and open to the public. For more information, call 999-8212.

### ‘Glitz and Glamour’ fashion show

The Officer and Civilian Spouses’ Club will sponsor an American Vintage Company fashion show during a luncheon Tuesday at 11 a.m. at the Sam Houston Club. Join the fun by wearing vintage fashions. R.S.V.P. to Sigrid Reitstetter at 226-8806 or e-mail sigrid.reitstetter@amedd.army.mil. All reservations and cancellations are required by Friday at 12 p.m.

### St. Patrick’s Day dance

The Irish Cultural Society will host a St. Patrick’s Day dance March 25 from 7:30 p.m. to 12:30 a.m. at the Knights of Columbus Hall, 6909 Camp Bullis Road. The event will feature the Noel Henry’s Irish Show band. Cost is \$15 per person. For more information and to make reservations, call Kay Delaney at 342-5334.

### AACOG accepting nominations

The Alamo Area Council of Governments is now accepting nominations for the 2006 AACOG Regional Awards. Forms must be submitted by May 1 at 4 p.m. Nomination forms can be obtained from the AACOG offices at 8700 Tesoro Drive, Suite 700, by fax at 225-5937 or online at [www.aacog.com/](http://www.aacog.com/) award. Categories for nomination are Regional Citizen of the Year, Corporate Citizen of the Year, Community Project of the Year and Governmental Regional Project of the Year. Nominations are open to the public. For more information, call 362-5204 or e-mail [mail@aacog.com](mailto:mail@aacog.com).

### Archeologist discusses discoveries

Trinity University presents Andrea Berlin, a professor of Biblical archeology, March 23 at 7 p.m. in Northrup Hall, Room 040. Her presentation will be “The Phoenicians and the Maccabees: Excavations at Tel Kedesh, Israel.” The event is free and open to the public. For more information, call 999-7653.

### ‘Road to Motherhood’ tour

The “Road to Motherhood” tour, a traveling educational program for expectant parents, will take place at Babies “R” Us Friday from 10 a.m. to 5 p.m. in the Babies “R” Us parking lot, 819 Rector Drive East and Saturday from 10 a.m. to 5 p.m. in the Babies “R” Us parking lot, 6955 NW Loop 410. The “Road to Motherhood” tour is sponsored by Babies “R” Us in partnership with Babytalk Magazine, Carter’s and Motherhood Maternity. For more information, call Shira Kallus at (212) 721-3440.

### St. Philip’s presents ‘Ain’t Misbehavin’

The St. Philip’s College Department of Fine Arts will present a local production of the popular Broadway musical revue “Ain’t Misbehavin” March 24, 25, 31 and April 1 at 8 p.m. Matinees will be March 26 and April 2 at 2:30 p.m. in the theater of the Watson Fine Arts Center. Admission is \$10 for the general public and \$5 for students and seniors. For more information, call 531-3321.

### ROA offers college scholarships

The Reserve Officers Association will award up to 60 \$500 Reilly Scholarships this year to undergraduate and graduate students for the 2006-2007 school year. Undergraduate applicants must be the children, grandchildren or spouses of ROA members. Graduate applicants must be ROA members. ROA membership is open to any officer (active, Reserve, National Guard, retired or former) of the seven uniformed services: Army, Navy, Air Force, Marine Corps, Coast Guard, Public Health Service or NOAA. To join ROA, call (800) 809-9448 or visit [www.roa.org](http://www.roa.org). For more information, call Chandra Oliphant (800) 809-9448, ext. 730.

### San Antonio Symphony

For a special San Antonio Symphony ticket offer, purchase two concerts tickets, get a third one free. Active or retired military can present a military ID at the box office starting two hours before each concert and receive a 50 percent discount on the ticket price. Offer is good for new orders and for a limited time only. See the “Spirit of America” March 24 and 25 at 8 p.m. and March 26 at 2 p.m. with Danny Rodriguez. For tickets, call 554-1000, ext. 152 or 554-1010. For more information and upcoming events, visit [www.sasymphony.org](http://www.sasymphony.org).

### Poteet Country Winery walk

The Selma Pathfinders Volksmarch Club will host a 10K walk Saturday, starting at the Poteet Country Winery, 400 Tank Hollow Road, in Poteet, Texas. For more information, call Phyllis Eagan at 496-1402 or visit [www.geocities.com/Yosemite/Gorge/8195/](http://www.geocities.com/Yosemite/Gorge/8195/).

### Old Tunnel Wildlife Area walk

The Kerrville Trailblazers Volksmarch Club will host a 5K and 10K walk March 25 at the Old Tunnel Wildlife Management Area, “The Bat Tunnel” between Comfort and Fredericksburg, Texas. For more infor-

mation, call Edna Platte at (830) 257-2185 or e-mail [platte@ktc.com](mailto:platte@ktc.com).

### Senior Games of San Antonio

The Barshop Jewish Community Center will host the 2006 Senior Games of San Antonio from March 31 to April 9. Save \$5 by registering before Friday. The registration fee is \$20 and applications can be obtained at the Barshop JCC, all Wellmed Medical Management and Barnacle Bill’s locations, and most bowling alleys, cycling shops and running stores or register at [www.saseniorgames.com](http://www.saseniorgames.com). Applications must be received by March 24. For more information, call the Senior Games Hotline at 302-6820.

### Vet Center offers free counseling

The Department of Veterans Affairs Vet Center in San Antonio offers free, confidential counseling sessions to combat veterans and their families. Sexual trauma counseling also is available to veterans who experienced sexual assault or harassment while on active duty. Veterans must have a DD Form 214 as proof of eligibility. Walk-ins are welcome. For more information, call the center at 472-4025, visit [www.va.gov/rcs](http://www.va.gov/rcs) or stop by the Vet Center at 231 W. Cypress, next to San Antonio College.

### Fiesta ticket sales

Tickets for Fiesta events will go on sale March 31 at the Fiesta San Antonio Commission’s Consolidated Ticket Sales office, 2611 Broadway. Ticket sale hours at The Fiesta® Store are Monday through Friday from 10 a.m. to 6 p.m. and Saturdays from 10 a.m. to 3 p.m. Tickets are limited. For more information, visit [www.fiesta-sa.org](http://www.fiesta-sa.org).

## Meetings

### AER Fund Campaign

An Army Emergency Relief meeting for project officers and key workers for the 2006 AER Fund Campaign will be held Tuesday at 10:30 a.m. at the Roadrunner Community Center, Building 2797, Stanley Road. Details for conducting the campaign will be discussed, and campaign materials will be distributed at that time. For more information, call 221-1612.

### Native plant society meeting

The Native Plant Society of Texas, San Antonio Chapter, will meet March 28 at 7 p.m. in the Lions Field Adult Center, 2809 Broadway at E. Mulberry in Brackenridge Park. The social seed and plant exchange will be at 6:30 p.m. Speaker Ernest Moran of the San Antonio River Authority will present, “Riparian Habitat along the San Antonio River.” For more information, call 733-0034 or visit [www.npsot.org/SanAntonio](http://www.npsot.org/SanAntonio).

## Training

### MBA briefing

The Army Career and Alumni Program Center will host a master of business administration briefing Monday at 1 p.m. at Building 2263, Room B-100, on Stanley Road. The Graduate Management Admission Council®, who administers the Graduate Management Admission Test®, will provide a briefing and a question and answer session. Learn about the unique value of a MBA in a military career and as a bridge to civilian employment, and how to select and finance an MBA program. Refreshments will be provided. The event is free and open to family members and civilians. For more information, e-mail Cyn Chegvidden at [cchegvidden@gmacc.com](mailto:cchegvidden@gmacc.com).

### ACS Pre-Job workshop

The Army Community Service will sponsor a Pre-Job Fair workshop Monday from 9 a.m. to 11 a.m. in Building 2797, on Stanley Road. For more information and reservations, call 221-0427 or 221-0516.

### AFTB offers Level II, III training

Army Family Team Building offers

AFTB Level II and III training Tuesdays and Thursdays through March from 6 to 9 p.m. at the Roadrunner Community Center, Building 2797. Students learn interpersonal skills, how to develop relationships and leadership skills. Drinks and snacks will be provided. For reservations, call 221-2705 or 221-2418.

### Financial Readiness seminar

Financial Readiness will present Richard Miller, an investment adviser, Wednesday at 2 p.m. at the Roadrunner Community Center, Building 2797, Stanley Road. Miller’s presentation will be on “Investment Choices.” For more information, call Lydia Rodriquez at 221-1612.

### 416th IMA Detachment openings

The 416th Individual Mobilization Augmentee Detachment has openings for all ranks. The unit provides training opportunities for Individual Ready Reserve and IMA Soldiers to earn retirement points to achieve creditable years of service toward retirement Thursday evenings. For more information, call Col. John Daly 859-9214 or e-mail [john.daly1@us.army.mil](mailto:john.daly1@us.army.mil).

### University of Phoenix representative

The University of Phoenix online representative Eric Hager will visit the Fort Sam Houston Education Center, Building 2248, Room 201, April 4 from 10 a.m. to 2 p.m. For more information or to sign up, call 221-1738, Eric Hager at (602) 421-4491 or e-mail [eric.hager@phoenix.edu](mailto:eric.hager@phoenix.edu).

### USAA clinic

The Family Employment Readiness and Army Career and Alumni Program office will host a clinic with a USAA recruiter March 31 from 8 to 10 a.m. at the Roadrunner Community Center. A valid military or dependent ID card is required; bring resume. A USAA recruiter will be available until 12 p.m. for those who are unable to attend the clinic. No reservations are required for this session. For more information and reservations, call Gabriele Dias at 221-0516 or Jennifer Swiger at 221-0427.

## Volunteer

### Conservation Society needs volunteers

The San Antonio Conservation Society needs volunteers to help build and set up booths for their “A Night in Old San Antonio” event. For more information, call Glenda Duffin at 226-5188.

### Study seeks effects of deployment

Lt. Col. Mona Ternus, a reserve nurse and a professor at the University of New Mexico, College of Nursing, is conducting a study to identify issues associated with deployment and military mothers of adolescent children. Women who deployed between January 2003 and June 2005, with an adolescent between the ages of 12 to 18, can visit the following Web site to participate in this research: <http://hsc.unm.edu/cons/ternus/Invitation.htm>. The survey is anonymous and takes about 30 minutes. A certificate will be issued at the end of the survey. To participate in the study or for more information, call Lt. Col. Ternus at (505) 272-4142 or e-mail [mternus@salud.unm.edu](mailto:mternus@salud.unm.edu).

### Wilford Hall conducts vascular study

The vascular surgery service at Wilford Hall Medical Center has been chosen to participate in a national trail looking at the effectiveness of “Stent Graft” treatment of abdominal aortic aneurysms versus standard open repair. The trail is named “Positive Impact of Endo Vascular Options for Treating Aneurysms Early,” or PIVOTAL. The study will evaluate patients diagnosed with small aneurysms to see if there is an advantage to treating the aneurysms at an earlier or smaller stage. The study will last for about five years and will closely follow both groups of patients during this time. For more information, call the Wilford Hall Vascular and Endovascular Surgery clinic, at 292-5924

Submission guidelines:

Freebies are published on a first-come, first-served basis. The deadline is noon Monday. Freebies are intended for personal household goods, and may only be submitted by active, retired or reserve military members and civilian employees working on Fort Sam Houston. Real estate ads will not be published. To submit a Fort

Freebie, e-mail to **news.leader@samhouston.army.mil** or fax to **295-0512**. Freebies run for one week unless submitter calls to renew. Limit of five items per entry. For more information, call 221-1031.



**For Sale:** Turquoise saddle pad, \$15; Mexican charro reins, red and black with chains, \$25; romal reins with silver ferrels, \$125; McClellan saddle, \$300; grooming supplies holder, \$15. Call 295-2366.

**For Sale:** Toy fox terrier, male, six months old, comes with kennel, health certificate and records, \$200 obo. Call 221-8124 or 705-9448.

**For Sale:** Pool table, three-piece slate, royal blue felt top, includes cover for table tennis and accessories, \$280. Call 445-1585 or 317-8739.

**For Sale:** 2000 Ski boat, seats seven, includes trailer and skis, \$12,000; two kayaks with seats and paddles, \$400 each. Call 471-1462.

**For Sale:** Four chrome spoke wheels, 17 inches by 8.5 inches, fits Chevrolet five-bolt pattern, \$600; Marquise-cut diamond, two to

three carats, \$1,500 obo. Call 324-5104.

**For Sale:** 2004 Dodge Grand Caravan SE, V6, automatic, 29,000 miles, \$18,000 obo. Call 999-7072 or 452-5709.

**For Sale:** Draperies, two deep teal satin pinch pleat panels, 48 inches wide by 84 inches long; four matching swags, 36 inches wide; and two jabots, 24 inches wide; complete set, \$50; bathroom vanity mirror, 50 inches by 38 inches, \$25. Call 494-0362.

**For Sale:** Two male miniature rex rabbits, one black and one white with black markings, \$10 each; pedal go-cart, \$40; king-size waterbed with heater, liner, mattress and bookcase headboard, \$100; baby rocker activity, \$10. Call 223-7206 or 205-7637.

**For Sale:** Blue Ox Aventa tow bar with cover and safety cable, \$250. Call 437-0042.

**For Sale:** Japanese version unlocked

white PlayStation Portable with value pack and two games, includes Navy Seal Socom 3, \$225; PlayStation 2 with three games, Grand Theft Auto III, two controllers, \$100. Call (219) 718-7576.

**For Sale:** White baby crib with mattress, \$75; dining table, white and oak with four chairs, \$125; coffee table, \$30; two oak bar stools, \$50 both or \$30 each. Call 662-8901 or 325-7538.

**For Sale:** Contemporary Ashley sofa, sage green with off-white piping, new, \$250 obo. Call 875-5890.

**For Sale:** Wood futon with dark blue cushion, \$100. Call 373-7095.

**For Sale:** White wicker desk, \$60; area rug, 5.5 feet by 7.5 feet with red, blue, beige and off-white colors, \$50; area rug, 8.5 feet by 10.75 feet, wool weave in light blue border

with beige and light browns, \$125; four-wheel adjustable walker with hand brakes, seat and basket, \$90; 24-inch color TV in wood cabinet and rotating base, \$50. Call 495-2296.

**For Sale:** Set of four winter tires for BMW 5 series, continental tires, mud and snow, 205/65R15 94H on BMW steel rims, set includes BMW wheel covers, \$400. Call 659-1216 or 683-1502.

**For Sale:** Washer and dryer, \$99 each; VCR, \$15; 10-cup coffee maker, \$10; computer desk, \$25; girl's bike, \$35. Call 241-1291.

**For Sale:** Medium pet kennel, \$10; child's leather car seat, \$25; beetle seat for child (like a walker), \$15. Call 666-0502 after 6 p.m.

**Free To Good Home:** Medium size mixed-breed dog. Good disposition, very loving, less than one year old, spayed, short haired. Call 916-3168 or 481-3389.